

## CLAIMS

1. A food product containing natural substances (plants such as papaya, maca, ginkgo and the like, and yeasts such as baker's yeast, brewer's yeast and the like) that include zinc at high concentrations.
2. A food product containing zinc sources and foods, said foods being originated in natural substances and contained in plants and/or yeasts and interacting with zinc, said food product having a prophylactic effect against diabetes and maintaining health.
3. The food product according to Claim 1 or 2, wherein a mineral source thereof is mineral salts or organic complexes of metals.